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ABSTRACT

This monograph presents a framework for physical education programs in Tennessee for grades K-12. The framework covers four areas: (1) games/sports; (2) gymnastics; (3) physical fitness; and (4) rhythmic movement. The goals and objectives for each of these areas are outlined and described for all grade levels. (JD)

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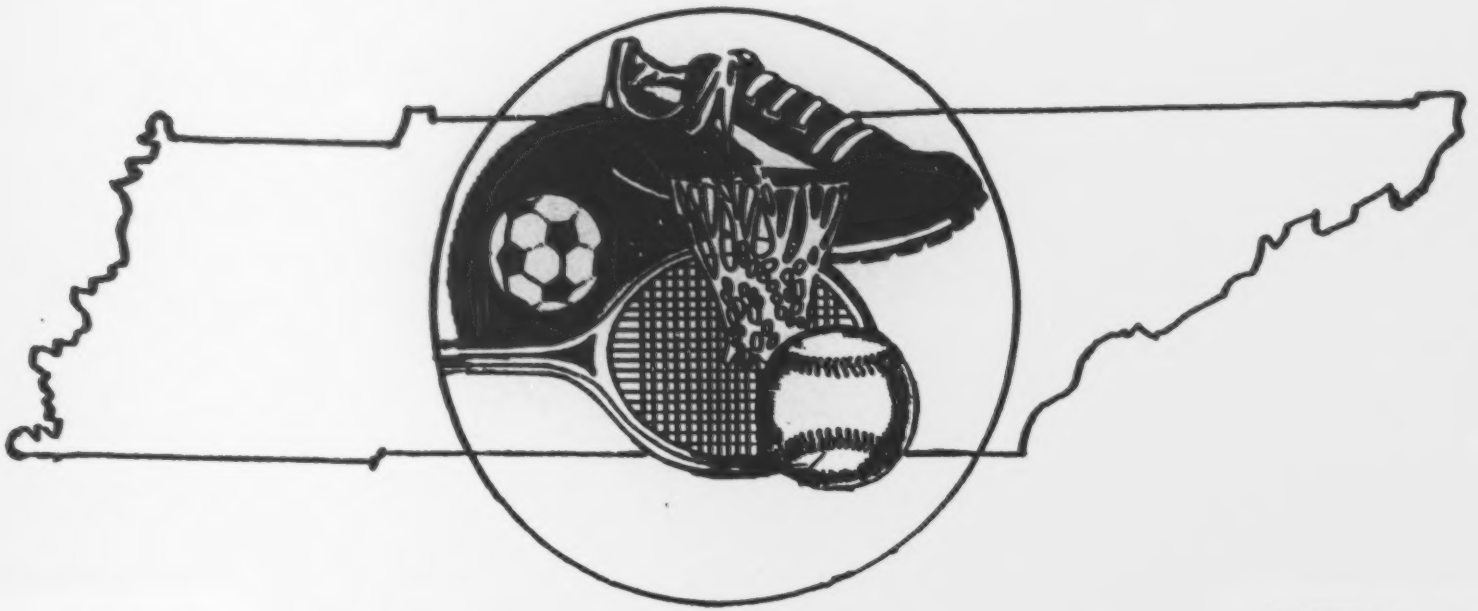
PHYSICAL EDUCATION

CURRICULUM FRAMEWORK

K -12



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STATE of TENNESSEE
Board of Education

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PHYSICAL EDUCATION

CURRICULUM FRAMEWORK

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GOALS OF EDUCATION
IN TENNESSEE

Physical education is essential to the achievement of the goals of education set forth by the State Board of Education. Rules, Regulations, and Minimum Standards, [section 0520-1-3-.02(6)(e)1(i)] requires:

> Grades K-4 - A planned instructional program for physical education shall be provided for each grade for a minimum of thirty minutes daily, in addition to time allotted for supervised free play.
>
> Grades 5-8 - A planned instructional program for physical education shall be provided for each grade for a minimum of two hours weekly, in addition to time allotted for supervised free play.
>
> Grades 9-12 - One unit of physical education shall be required for graduation. An additional unit in physical education shall be optional. A unit in physical education may be earned in one year if taken for one period daily; or in two years if taken on an alternate day basis.

This Physical Education Framework is designed to facilitate the accomplishment of the State Board of Education's goals which are stated in Rules, Regulations, and Minimum Standards as follows:

Every Person Should:

(a) HAVE COMPETENCE IN THE FUNDAMENTALS OF LEARNING AND COMMUNICATION

(b) DEVELOP SKILLS AND ATTITUDES WHICH FACILITATE LEARNING

(c) HAVE SUFFICIENT INFORMATION TO REALIZE LIFE GOALS

(d) KNOW THE PRINCIPLES, HABITS, AND ATTITUDES CONDUCIVE TO GOOD PHYSICAL AND MENTAL HEALTH

(e) ESTABLISH AND MAINTAIN SATISFACTORY RELATIONSHIPS WITH OTHERS

(f) KNOW AND PRACTICE THE BASIC REQUIREMENTS OF RESPONSIBLE CITIZENSHIP

(g) HAVE COMPETENCE IN THE USE OF NATURAL RESOURCES AND IN THE MAINTENANCE OF ECOLOGICAL BALANCE

(h) ACQUIRE CAREER INFORMATION AND ECONOMIC COMPETENCE

(i) APPRECIATE CULTURAL AND AESTHETIC VALUES

(j) BE AWARE OF THE INCREASING INTERDEPENDENCE AMONG PEOPLE AND NATIONS

GOALS OF PHYSICAL EDUCATION

IN TENNESSEE

The purpose of physical education is to develop the student physically, mentally, emotionally, socially, and ethically through large muscle skill development activities. The student will achieve this goal by:

* Developing and maintaining an optimal level of physical fitness and appreciating its value

* Understanding and utilizing a variety of activities which are appropriate for lifetime enjoyment as a participant and/or spectator

RATIONALE

The purpose of physical education is to help each student achieve the goal of being personally fit throughout life by providing a format for becoming physically fit during the school years and offering the training that will encourage the pursuit of fitness in the years to come.

Instruction in physical education provides a planned, balanced, and varied progression of activities based upon the needs, abilities, and interests of students at all developmental levels.

The elementary school physical education program provides instruction in sequential experiences, including basic and creative movement, rhythms, relays, games, sports, stunts, tumbling, outdoor activities, and other activities which meet the objectives in this framework.

The high school program serves to refine existing skills and develop new ones. Emphasis is placed on lifetime sports and activities with carryover value. The instruction focuses on the involvement, knowledge, and understanding necessary to achieve the lifetime goal of personal fitness.

DESCRIPTION OF STRANDS

A. GAMES/SPORTS provides for instruction in the techniques for successful and enjoyable participation in organized and group physical activities. Subject matter also covers the value of using rules and strategies and the role of games and sports in developing physical fitness and using leisure time.

B. GYMNASTICS is designed to help the student achieve potential in overall body development. The course of study emphasizes the desirability of a variety of body movements and the importance of safety in gymnastic activities.

C. PHYSICAL FITNESS provides for instruction in the elements of a program necessary for improving physical fitness. Content focuses on the activities essential in building an optimal fitness level and on the value of fitness as a lifetime activity. The course encourages student enjoyment of fitness activities and suggests involvement in these activities in leisure time.

D. RHYTHMIC MOVEMENT teaches the values of rhythmic training, including the function of rhythmic activities in leisure time and the role of these activities in appreciating other cultures. The course develops an understanding of the pattern and design of music.

PREFACE

The Physical Education Framework was developed by a statewide committee of physical education teachers in accordance with Rules, Regulations, and Minimum Standards of the State Board of Education, Section 0520-1-3-.02. It is designed to serve as a basis for physical education curriculum development and implementation, grades K-12. Each local school system is required to implement this framework beginning with the 1986-87 school year.

The framework contains goals, concepts, and terminal objectives which are organized within four strands of physical education for each grade level. The goals identify what should be accomplished in each grade during one school year. The concepts serve as a basis for determining terminal objectives which state the target learnings in broad terms in order to accommodate a variety of resources, learning styles, and abilities. Terminal objectives usually begin with "To understand" which denotes not only the acquistion of knowledge, but also the practical application of knowledge. It implies a level of understanding appropriate to the student's grade in school. The objectives, grades K-12, are intended to represent the minimum requirements of an effective physical education curriculum. Only one unit of credit is required in the ninth through twelfth.

The numbers preceding each terminal objective in K-12 should be interpreted as follows:

Example - 691A1

First digit	6 = grade 6
Second digit	9 = subject (physical education)
Third digit	1 = goal
Fourth digit	A = strand (games and sports)
Fifth digit	1 = objective number

The State Department of Education will make available to local school systems sufficient copies of the framework to facilitate the development of curriculum guides which identify specific objectives to be taught at each grade level. The framework should provide direction and add stability to the statewide program of physical education.

The physical education curriculum in grades K-12 shall include, but not necessarily be limited to, the goals and objectives contained in this framework. These terminal objectives should be introduced and reinforced as necessary to help students achieve to their maximum potential.

PHYSICAL EDUCATION

CURRICULUM FRAMEWORK

Goals and Objectives

K - 12

THE PHYSICAL EDUCATION CURRICULUM IN KINDERGARTEN THROUGH GRADE 12 SHALL INCLUDE, BUT NOT NECESSARILY BE LIMITED TO, THE TERMINAL OBJECTIVES CONTAINED IN THIS SECTION.

THE TERMINAL OBJECTIVES LISTED SHALL BE INTRODUCED AND REINFORCED AS NECESSARY TO HELP STUDENTS ACHIEVE TO THEIR MAXIMUM POTENTIAL.

GRADE: Kindergarten **GOAL:** 09100 UNDERSTANDING THE NECESSITY OF BODY MOVEMENT FOR PROPER GROWTH AND DEVELOPMENT

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Basic locomotor movement and manipulation of objects are essential to the development of games/sports skills. OBJECTIVES 091A1 To understand the relationship of basic locomotor skills to various games/sports 091A2 To understand the importance of manipulative skills to many games/sports 091A3 To understand spatial relationships in games/sports	CONCEPT: Gymnastics instruction contributes to the refining of movements and involves self-testing to increase individual ability. OBJECTIVES 091B1 To understand and demonstrate knowledge of safety rules 091B2 To understand self-testing in the field of gymnastics 091B3 To understand various beginner skills 091B4 To demonstrate confidence in movement as body control is developed	CONCEPT: Body movement is essential to developing fitness. OBJECTIVES 091C1 To understand the role of body movement in developing fitness CONCEPT: Body control is essential in developing fitness OBJECTIVES 091C2 To understand the role of body control in developing fitness	CONCEPT: The movement of body parts can be influenced by external forces. OBJECTIVES 091D1 To understand the relationship between music or rhythmic accompaniment and body movement 091D2 To understand the interrelationship of body movement, space, and time CONCEPT: Movement of the total body and/or body parts can express feelings and ideas. OBJECTIVES 091D3 To understand the role of body movement in the expression of feeling and ideas

PHYSICAL EDUCATION

GRADE: 1 **GOAL:** 09100 UNDERSTANDING THE USE OF MOVEMENT SKILLS

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Basic locomotor movement and manipulation of objects are essential in the development of games/sports skills. OBJECTIVES 191A1 To understand the relationship of basic locomotor skills to various games/sports 191A2 To understand the manipulative skills involved in games/sports 191A3 To understand social relationships in games/sports situations 191A4 To develop balance	CONCEPT: Gymnastics instruction contributes to the refining of movements and involves self-testing to increase individual ability. OBJECTIVES 191B1 To understand and demonstrate knowledge of safety rules 191B2 To understand self-testing in the field of gymnastics 191B3 To increase body control and confidence in movement 191B4 To understand gymnastics and movement vocabulary	CONCEPT: Body movement is essential in developing fitness. OBJECTIVES 191C1 To understand the relationship between body movement and fitness 191C2 To understand the dynamic and static roles of muscles in fitness	CONCEPT: The movement of body parts can be influenced by external forces. OBJECTIVES 191D1 To understand the relationship between music or rhythmic accompaniment and body movement CONCEPT: Movement of the body or its parts can express feelings and ideas. OBJECTIVES 191D2 To understand the role of body movement in the expression of feelings and ideas CONCEPT: Rhythmic movement facilitates the development of interpersonal cooperation. 191D3 To understand the role of rhythmic activities in social development

GRADE: 2

GOAL: 29100 UNDERSTANDING THE IMPORTANCE OF HEALTH AND SAFETY PRACTICES IN THE DEVELOPMENT OF MANIPULATIVE SKILLS

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Basic locomotor movement and manipulation of objects are essential in the development of games/sports skills. OBJECTIVES 291A1 To understand the relationship of basic locomotor skills to games/sports 291A2 To understand the manipulative skills involved in games/sports 291A3 To understand spatial relationships in object manipulation	CONCEPT: Gymnastics instruction contributes to the refining of movements and involves self-testing to increase individual ability. OBJECTIVES 291B1 To understand self-testing in the field of gymnastics 291B2 To understand and demonstrate knowledge of safety rules in gymnastics 291B3 To understand equipment usage in gymnastics 291B4 To increase body control and confidence in movement 291B5 To understand gymnastics and movement vocabulary	CONCEPT: Body movement is essential in developing fitness. OBJECTIVES 291C1 To understand the relationship between body movment and the fitness of body parts 291C2 To understand the relationship between body movement and body composition	CONCEPT: The movement of body parts can be influenced by external forces. OBJECTIVES 291D1 To understand the relationship between music or rhythmic accompaniment and body movement CONCEPT: Rhythmic movement facilitates the development of interpersonal cooperation. OBJECTIVES 291D2 To understand the role of rhythmic activities in social development

PHYSICAL EDUCATION

GRADE: 3 **GOAL:** 39100 UNDERSTANDING THE IMPORTANCE OF PRACTICE IN REFINING SKILLS

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Various skills are involved in games/sports. OBJECTIVES 391A1 To understand skills involved in a variety of games and sports 391A2 To understand the implements used in games and sports	CONCEPT: Gymnastics instruction contributes to the refining of movements. OBJECTIVES 391B1 To understand the conbribution of gymnastics to body control and self-confidence 391B2 To understand the relationship between muscular tension and body control 391B3 To understand and demonstrate knowledge of safety in gymnastics 391B4 To understand gymnastics and movement vocabulary	CONCEPT: Attaining and maintaining physical fitness requires routine activity. OBJECTIVES 391C1 To understand the relationship between regular physical activities and fitness 391C2 To understand the relationship between physical exercise and nutrition	CONCEPT: Rhythmic activities enhance understanding of movement. OBJECTIVES 391D1 To understand the role of rhythmic activities in refining movement 391D2 To understand the role of body control in movement

GRADE: 4 **GOAL:** 49100 UNDERSTANDING THE IMPORTANCE OF REFINING SKILLS IN MAINTAINING FITNESS

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: The use of body control and proper skill execution are essential in games/sports. OBJECTIVES 491A1 To understand the role of body control in games/sports 491A2 To understand the role of proper skill execution in games/sports 491A3 To understand the importance of warm-up activities	CONCEPT: Good posture is essential to successful performance in gymnastics. OBJECTIVES 491B1 To understand postural factors involved in successful performance in gymnastics 491B2 To understand and demonstrate knowledge of safety 491B3 To understand gymnastics may include the use of apparatus CONCEPT: Spatial relationships will have an impact on movement. OBJECTIVES 491B5 To understand spatial relationships in movement	CONCEPT: Physical fitness will depend partly upon the condition of certain body components. OBJECTIVES 491C1 To understand the basic components of physical fitness 491C2 To understand the relationship between the components of fitness and being physically fit	CONCEPT: Rhythmic activities can help express ideas and can enhance movement. OBJECTIVES 491D1 To understand the relationship between rhythmic activities and movement 491D2 To understand how ideas can be expressed through movement

PHYSICAL EDUCATION

GRADE: 5

GOAL: 59100 UNDERSTANDING THE IMPORTANCE OF A PLANNED SEQUENCE OF ACTIVITIES TO PROPER GROWTH AND DEVELOPMENT

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Games/sposrts provide the opportunity to refine basic skills and to develop an understanding of basic rules. OBJECTIVES 591A1 To understand how basic skills may be developed through games/sports 591A2 To understand basic game rules and their purpose 591A3 To understand the constantly changing nature of games/sports CONCEPT: Individual skills are developed through participation in group activities. OBJECTIVES 591A4 To understand the effect of participation in group activities on individual performance	CONCEPT: Good posture is essential to successful performance in gymnastics. OBJECTIVES 591B1 To understand the basic principles of posture in gymnastics 591B2 To understand the use of various apparatus in the field of gymnastics 591B3 To understand and practice safety procedures in gymnastics CONCEPT: Muscular strength and basic movement concepts may be developed through gymnastics. OBJECTIVES 591B4 To increase muscular strength through participation in gymnastics 591B5 To understand spatial relationships in movement	CONCEPT: Physical fitness will depend partly upon the condition of certain body components. OBJECTIVES 591C1 To understand how muscular strength and endurance affect physical fitness 591C2 To understand how cardiovascular endurance affects physical fitness 591C3 To understand how flexibility affects physical fitness 591C4 To understand the measurement and improvement of the basic components of physical fitness	CONCEPT: Rhythmic activities enhance understanding of movement and culture. OBJECTIVES 591D1 To understand the relationship between rhythmic activities and movement 591D2 To understand the relationship between rhythmic activities and cultural heritage

GRADE: 6 **GOAL:** 69100 UNDERSTANDING THE DEVELOPMENT AND MAINTENANCE OF FITNESS

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Strategy is important to performance in games/sports. OBJECTIVES 691A1 To understand how strategy affects performance in games/sports CONCEPT: Healthy attitudes and values can be developed through games/sports. OBJECTIVES 691A2 To understand the development of attitudes and values through games/sports	CONCEPT: Gymnastics involves development of specific skills and movement concepts. OBJECTIVES 691B1 To understand the specific skills required in gymnastics 691B2 To know and practice rules of safety in gymnastics 691B3 To understand factors affecting the relationship of movement to space 691B4 To understand the importance of equilibrium, balance, and weight transfer in gymnastics	CONCEPT: Lifestyle affects the level of physical fitness. OBJECTIVES 691C1 To understand the importance of daily patterns of activity in maintaining fitness 691C2 To understand factors which affect the status of health and fitness	CONCEPT: Rhythmic activities relate to physical and social development. OBJECTIVES 691D1 To understand the value of rhythmic activities in social development and expression 691D2 To understand the value of rhythmic activities in the development of overall fitness

PHYSICAL EDUCATION

GRADE: 7 **GOAL:** 79100 UNDERSTANDING THE PRINCIPLES OF FITNESS

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Strategy is important to performance in games/sports. OBJECTIVES 791A1 To understand how strategy affects performance in games/sports CONCEPT: Healthy attitudes and values can be developed through games/sports. OBJECTIVES 791A2 To understand the development of attitudes and values through games/sports	CONCEPT: Gymnastics involves development of specific skills and movement concepts. OBJECTIVES 791B1 To understand the specific skills involved in gymnastics 791B2 To understand the elements of body movement and control in gymnastics 791B3 To understand factors which contribute to safety in gymnastics	CONCEPT: Lifestyle affects the level of physical fitness. OBJECTIVES 791C1 To understand the importance of daily activity patterns in maintaining fitness 791C2 To understand ways individuals maintain a degree of fitness throughout life 791C3 To understand the relationship of the various body systems to the development and maintenance of fitness	CONCEPT: A variety of forms of rhythmic expression exists. OBJECTIVES 791D1 To understand the various forms of rhythmic expression 791D2 To understand the value of the different forms of rhythmic expression

GRADE: 8 **GOAL:** 89100 UNDERSTANDING STRATEGIES, SKILLS AND ACTIVITIES NECESSARY TO DEVELOP AND MAINTAIN PHYSICAL FITNESS

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Strategy is important to performance in games/sports. OBJECTIVES 891A1 To understand how strategy affects performance in games/sports CONCEPT: Healthy attitudes and values can be developed through games/sports. OBJECTIVES 891A2 To understand the development of attitudes and values through games/sports	CONCEPT: Gymnastics involves the development of specific skills and movement concepts. OBJECTIVES 891B1 To understand the specific skills involved in gymnastics 891B2 To understand the elements of body movement and control in gymnastics 891B3 To understand factors which contribute to safety in gymnastics	CONCEPT: Lifestyle affects the level of physical fitness. OBJECTIVES 891C1 To understand the importance of daily activity patterns in maintaining fitness 891C2 To understand the ways individuals maintain a degree of fitness throughout life 891C3 To understand the relationship of the various body systems to the development and maintenance of fitness	CONCEPT: A variety of forms of rhythmic expression exists. OBJECTIVES 891D1 To understand the various forms of rhythmic expression 891D2 To understand the value of the different forms of rhythmic expression

PHYSICAL EDUCATION

GRADE: 9-12

GOAL: 9-129100 UNDERSTANDING THE CONTRIBUTION OF ORGANIZED PHYSICAL ACTIVITY TO THE TOTAL DEVELOPMENT OF THE INDIVIDUAL

A	B	C	D
GAMES/SPORTS	**GYMNASTICS**	**PHYSICAL FITNESS**	**RHYTHMIC MOVEMENT**
CONCEPT: Individuals enjoy team sports as participants and spectators. OBJECTIVES 9-1291A1 To understand the role of skill development in games/sports 9-1291A2 To understand rules and strategies employed in games/sports	CONCEPT: Gymnastic activities develop body flexibility, strength, and fitness. OBJECTIVES 9-1291B1 To understand the role of gymnastics in the physical education program 9-1291B2 To understand factors which contribute to safety in gymnastics	CONCEPT: Physical fitness development requires appropriate exercise. OBJECTIVES 9-1291C1 To understand the role of the individual in maintaining personal fitness 9-1291C2 To understand various factors which contribute to fitness CONCEPT: Lifetime activities can contribute to personal fitness. OBJECTIVES 9-1291C3 To understand the value of engaging in various activities throughout life 9-1291C4 To understand the development of the skills necesssary to engage in various lifetime activities	CONCEPT: Rhythmic movement influences an individual's balance. OBJECTIVES 9-1291D1 To understand the importance of rhythmic movement 9-1291D2 To understand factors involved in moving rhythmically

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